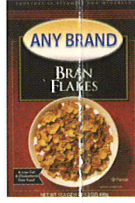
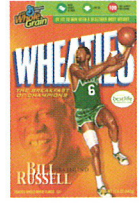
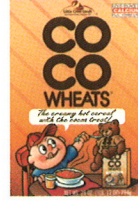
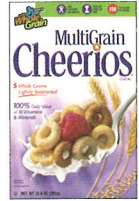


CEREAL

COLD CEREAL, 9 OZ. OR LARGER, ANY COMBINATION NOT TO EXCEED 36 OZ.
Moms: Look for the * for cereals with 100% DV (daily value) of folic acid.



Regular, no fruit

No fruit, maple, vanilla or organic

Regular only

Any plain bran flake cereal, no raisins

Rice, corn or wheat

1, 2 1/2, 10 minute

Original only

Instant, regular flavor only

Combine your cereals for a total of 36 ounces.

24 oz. = 36 OZ.
12 oz. = 36 OZ.
18 oz. = 36 OZ.
12 oz. = 36 OZ.
12 oz. = 36 OZ.
18 oz. = 35.5 OZ.
17.5 oz. = 35.5 OZ.
9 oz. = 36 OZ.
9 oz. = 36 OZ.
9 oz. = 36 OZ.

HOT CEREAL

PEANUT BUTTER

18 OZ. JAR ONLY, ALL VARIETIES, ALL BRANDS
Not included: Deli, Goober, Healthy Valley, honey flavor, organic, reduced fat, sodium free or spread.

CHEESE

8 OZ. OR 16 OZ. PACKAGES ONLY
Choose regular, light or low-fat; block, sliced, shredded, bagged, cubed, string, stick or crumbles.
Any of the following flavors or combinations of flavors:
• American – pasteurized processed
• Cheddar
• Colby
• Colby-Jack
• Monterey-Jack
• Mozzarella
• Provolone
• Swiss
Not included: cheese food, cheese product, cheese spread, cheese substitute, cheese from the deli, fat-free cheese, spices, imitation cheese, imported cheese, organic cheese, Velveeta.

EGGS

MEDIUM OR LARGE
Not included: brown, Eggland's Best, Good News, low cholesterol, organic, specialty eggs.

DRIED BEANS, PEAS AND LENTILS

16 OZ. BAG ONLY
Not included: boxed, canned, flavored, fresh, frozen, organic, with additives.

MILK

LEAST EXPENSIVE BRAND, BASED ON TYPE PURCHASED (1%, 2%, WHOLE, ETC.)

Fluid Milk – container size as specified on check (1/2 gallon, gallon).
• Fat-free
• Low-fat (1%, 1/2%)
• Reduced-fat (2%)
• Skim or nonfat
• Whole or Vitamin D
Specialty Milk (as specified on check)
• Evaporated – 12 oz.
• Lactose-reduced or Lactose-free (quart or 1/2 gallon)
• Powdered – 16 oz. or 25.6 oz. low-fat or nonfat dry milk
• Sweet Acidophilus (1/2 gallon)

When buying specialty milks you may purchase whole, 2%, 1%, skim or nonfat. Two one-quart cartons may be substituted for 1/2 gallon to obtain the maximum amount on the check.

Not included: buttermilk, chocolate or other flavors, goat's milk, imitation, milk beverages, Milnot, non-dairy, organic, soy milk, soy drink, Vitamite, Yorktown.



JUICE

46 OZ. CANS AND BOTTLES (PLASTIC OR GLASS)

100% fruit or vegetable juice and 100% Vitamin C



Any flavor
Any flavor
Any flavor, no fusion, splash or smoothie



Any brand
Any brand
Any brand
Great Value, Hy-Top, Lucky Leaf, Musselman's, Seneca, Speas Farm

11.5 OZ. – 12 OZ. FROZEN CONCENTRATE

100% fruit juice and 100% Vitamin C



Any brand
Any brand
Any flavor with yellow tab
With green tab, no pomegranate or tart cherry

11.5 OZ. – 12 OZ. NON-FROZEN CONCENTRATE

100% fruit juice and 100% Vitamin C



Any flavor
Any flavor

Not included: beverages, cartons, cocktail juices, fruit drinks, juice drinks, organic juices, reduced acid



Babies are born to breastfeed!

EXTRA FOODS FOR BREASTFEEDING MOMS WHO DO NOT RECEIVE WIC FORMULA

CARROTS

- Fresh or frozen 1 or 2 lb. bags
- Canned up to 40 oz. total

Not included: organic

TUNA

- 5 oz. can only in water or oil

Not included: albacore, flavorings or added ingredients, organic, sauces



Indiana State
Department of Health

USDA is an equal opportunity provider and employer.

Oct. 2008

strong
families
start
here



WIC APPROVED FOODS

Effective October 1, 2008
through September 30, 2009

INFANT CEREAL

8 OZ. BOX ONLY, ANY GRAIN OR MULTIGRAIN

As listed on the check

Not included: canned, Earth's Best, formula, fruit, organic or variety packs DHA

INFANT JUICE

32 OZ., ANY FLAVOR



Not included: Gerber Graduates, yogurt or organic

INFANT FORMULA



Enfamil

Gentlease LIPIL

- 12 oz. powder

Enfamil

LIPIL with Iron

ProSobee LIPIL

Lactofree LIPIL

- 13 oz. concentrate
- 12.9 oz. powder
- 32 oz. ready-to-use

Other brands, quantities and sizes as listed on the check.